

West Nile virus (WNV) is most commonly transmitted to humans through infected mosquitoes. Mosquitoes commonly pick up the virus from birds. It only takes one mosquito bite to become infected with the virus and symptoms can be severe.



Mosquitoes Small Bite, Big Threat.



SYMPTOMS

- Most people (70-80%) who become infected with West Nile virus do not develop any signs or symptoms.
- Some people develop a fever or other signs and symptoms including headache, body aches, joint pain, rash, vomiting, or diarrhea.
- Severe illness can include encephalitis or meningitis (inflammation of the brain or surrounding tissues).
- Signs and symptoms of meningitis or encephalitis can include headache, high fever, neck stiffness, disorientation, coma, tremors, seizures, or paralysis.
- People over the age of 50 are at a higher risk for developing severe illness from WNV.
- Visit your primary care physician or an emergency care center if you think you have a West Nile virus infection.

Florida Department of Health Escambia County

Division of Environmental Health 1300 West Gregory Street Pensacola, FL 32502 850-595-6700

For more information about mosquito prevention, visit www.EscambiaHealth.com

Protect Yourself!



DRAIN & COVER to prevent mosquitoes from living and multiplying around your home.

INSECT REPELLENT

 Choose insect repellents that contain DEET, picaridin, oil of lemon eucalyptus, or IR3535.

Use repellents according to the label instructions.

- Repellents containing higher percentages of the active ingredient typically provide longer-lasting protection.
- Use just enough—heavy application does not give you better or longer protection.

Never use repellents over cuts, wounds, or irritated skin.

- When using repellent sprays, do not spray directly on your face.
 Apply to hands first and then apply to face.
- Do not allow children to handle the product. When using repellent on children, apply to your hands first, and then apply it to the child's skin.

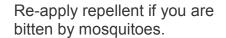
Pregnant and nursing women can use insect repellents.



COVER YOUR SKIN

Cover your skin with clothing or insect repellent to avoid mosquito bites.

Apply repellent when you are going outdoors. Even if you do not see the mosquitoes, there is a good chance they are around.



Sweating, perspiration, or getting wet may indicate a need to re-apply repellent more frequently.

Use mosquito netting for children under 2 months of age.



Water is a breeding ground for mosquitoes.

Always make sure to drain standing water from:

- Garbage cans
- Pool covers and kiddie pools
- Flower pots, buckets, and watering cans

Discard old tires, bottles, broken appliances, and other items that collect water.

Empty and clean bird baths and pet water bowls once a week.

Protect boats and vehicles from rain with tarps that do not accumulate water.



MOSQUITOES ARE
MORE ACTIVE AT

DUSK AND DAWN.

TAKE EXTRA PRECAUTION
DURING THESE HOURS.

YOU CAN USE
INSECT REPELLENT
AND SUNSCREEN AT
THE SAME TIME.
APPLY SUNSCREEN FIRST
AND THEN REPELLENT.



DRAIN & COVER: Prevent mosquito bites and the diseases mosquitoes can carry.